WHITE ON WHITE

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Toronto metro

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RAPS HIT WINNING STREAK metroSPORTS

Critics have labelled Toronto police Chief Mark Saunders as the status quo. TORSTAR NEWS SERVICE

'IT'S HAPPENING'

Major reforms are coming to Toronto police. Whether they are ready or not

metroNEWS

New district brewing

DUPONT-OSSINGTON

Beer creators band together to rebrand neighbourhood

Gilbert Ngabo
Metro | Toronto

Hear that? It's the sound of 13 beer mugs clinking together in cheers.

A baker's dozen of craft brewers near Dupont and Ossington are teaming up to help brand the neighbourhood as Toronto's official Brewery District.

"Breweries are like indie bands," said Steve Himel, manager of Henderson Brewing. "We're not necessarily driven by competition. We know that together we are stronger."

The original idea was to replicate the success of wine country in Niagara. There are already many breweries in Toronto's west end, and it made sense to brand the area and attract more customers, said Himel.

If the pitch is approved, Himel expects the district to be buzzing with events allowing beer fans to sample the variety of Toronto's taps.

"We're basically rolling out the welcome mat to customers," he said. "If you don't like beer at X, just turn around and try beer at Y."

And it's not as if too much sampling can cause any problem, he said, since beer is relatively low in alcohol compared to wine or spirits.

"You can easily sample beer from 10 breweries in an afternoon and still be able to walk a reasonably straight line," said Himel.

Ward 18 Coun. Ana Bailão said the designation could bring a lot of financial benefit by creating jobs and promoting entrepreneurship. A brewery district would be a tourist attraction for both locals and visitors, adding to the city's already vibrant culinary scene, she said.

"We have all sorts of great products here. Let's be proud of them," she said.

The final date hasn't been confirmed, but Himel is hoping to have the first annual Brewery District Festival on July 31 at Henderson Brewing's headquarters at 128A Sterling Road.

13 BREWERS

The 13 craft brewers pushing to brand the Ossington and Dupont area as the Brewery District are: Bandit Brewery, Bellwoods Brewery, Blood Brothers Brewing, Burdock Brewing, Duggan's Brewery, Folly Brewpub, Halo Brewery, Henderson Brewing, Indie Alehouse Brewing, Junction Craft Brewing, Lansdowne Brewery, Rainhard Brewing and Station Cold Brew.

UPDATE | Family of school shooting victim says country must hear La Loche's story | metroNEWS

metro NEWS

Trump: "I could stand in the middle of Fifth Avenue and shoot somebody, and I wouldn't lose any voters, OK?" **World**

DANFORTH

Good Weeds Lounge owners charged

Jessica Smith Cross
Metro | Toronto

Toronto police have raided a marijuana dispensary on the Danforth, a little more than a week after its owners were featured in a media interview that touted their business as "totally illegal."

Chris Goodwin and Erin Goodwin, owners of Good Weeds Lounge, are charged with two counts possession for the purpose of trafficking, relating to marijuana and cannabis resin, plus possession of the proceeds of crime. Erin Goodwin is also charged with simple possession. The investigation was sparked by "community complaints," Const. Caroline de Kloet told Metro. The raid happened Thursday.

On Jan. 12, VICE published an interview in which Chris Goodwin said Good Weeds is different than other dispensaries that have popped up because it doesn't require customers to have a medical marijuana license.

The reporter also asks Goodwin if he's afraid of being shut down. "I have been doing this a long time and I have complete confidence in what we're doing. I've thought this through endlessly," he said.

TORONTO

Weekend stained by multiple shootings

One man is dead and several people are injured after at least three separate shootings across Toronto early Sunday.

Police said people were gathered at a beauty parlour in a plaza near McCowan and Ellesmere Roads when shots were fired around 4:20 a.m. Paramedics found a man with gunshot wounds to the chest at the scene. He was later pronounced dead.

Earlier, police and paramedics received calls about shots fired at a house party on Niagara St. west of Bathurst St. The calls, which started around 2:30 a.m., reported shots both inside and outside the property. Two people were taken to hospital in serious condition. Nearby cars were riddled with bullet holes and drivers and pedestrians were narrowly missed by gunfire. A victim in his 20s was later found near Bathurst and Dupont Streets and was rushed to hospital in serious condition with a gunshot wound to his back. Nine people have been arrested in relation to the shooting.

Emergency crews were also called to a home in the O'Connor Drive and Victoria Park Avenue area after a man was shot multiple times outside a residence. Police said the man's injuries are not life-threatening.

Meanwhile, Peel police are investigating a shooting and double stabbing that happened Saturday.

TORSTAR NEWS SERVICE

Advocates call for bike-lane network

INFRASTRUCTURE

Group says grid needed for traffic flow and cyclist safety

Luke Simcoe
Metro | Toronto

As Toronto city council debates the 2016 budget, cycling advocates in the city are urging local leaders to get rolling on building a "minimum grid" of protected bike lanes.

"If cycling is deemed a priority, then it's something we could do rapidly," said Cycle Toronto director Jared Kolb, citing a recent staff report showing the city could complete the cycling grid by 2018 for between $50 million to $150 million.

That may seem like a lot of money — the city's current cycling budget is a mere $14 million — but Kolb said the price tag pales in comparison to other infrastructure projects, including the estimated $1 billion to prop up the eastern portion of the Gardiner Expressway.

"For a fraction of that cost, we can build a city-wide, protected bike lane network that will impact all Torontonians," he said.

Kolb said completing the minimum grid would require building an additional 100 kilometres of protected bike lanes on major roads and another 100 kilometres of contra-flow lanes — like the ones installed on Shaw Street — along residential corridors.

Cycle Toronto has declined to name specific streets — save for Bloor Street West — where bike lanes should be installed, but Kolb says there needs to be an adequate network of east-west, north-south routes that extend into the suburbs.

"We need to stop building bike lanes to nowhere," he said. "We need a fully connected, protected grid that would enable people to use the bicycle as a form of everyday transportation."

The city's 10-year cycling plan would arrive at something "resembling" a minimum grid, Kolb said, but he and Coun. Mike Layton want that timetable sped up.

"The increase in commuter bicycle traffic in the city is enormous," Layton said. "And if we can give people a safe option to get out of their cars, it's worthwhile."

A cyclist pedals along the Sherbourne bike lane Sunday. A staff report says the city could add 200 kilometres of new cycle lanes and paths by 2018 for as little as $50 million. LIZ BEDDALL/METRO

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Designing a new star attraction

UNIVERSITY OF TORONTO

Philosopher's Walk part of planetarium revamp

Jessica Smith Cross
Metro | Toronto

The University of Toronto wants to make it easier for people to uncover a somewhat hidden gem of the city's urban landscape.

As part of its plan to overhaul the former planetarium at 90 Queen's Park Cres., the university is promising better connections to Philosopher's Walk — a scenic footpath that winds through the St. George campus connecting sites like the ROM, the Royal Ontario Conservatory of Music and Trinity College.

People can access the path off Bloor Street West to the north and Hoskin Avenue on the south, but it can be tough to find.

"It's certainly not straightforward," said Scott Mabury, vice-president of university operations.

The main piece of the project will see the old McLaughlin Planetarium turned into a new Centre for Civilizations and Cultures, housing, among other things, a performance hall for U of T's music department, the history department and the department of near and Middle Eastern civilizations.

Architects from two star firms have been hired to make it happen: Toronto's Architects Alliance and Diller Scofidio + Renfro. Based in New York, Diller Scofidio + Renfro is renowned for its work on transforming outdoor spaces, particularly the city's High Line linear park.

"We believe that with the architects we selected that it will be a spectacularly well-designed and functioning addition to that part of the university," Mabury said. "We talk about it as an iconic location because it frankly is."

U of T bought the planetarium — shuttered in 1995 — from the adjacent ROM in 2009. Since then, the university has leased it back to the museum for offices and storage.

Right now, the St. George campus's scenic footpath can be difficult to find, school officials say. PHOTOS LIZ BEDDALL/METRO

A historical tour of Philosopher's Walk

1 The Queen Alexandra Gateway was erected at the corner of Bloor Street and Avenue Road in 1901 to commemorate the visit of the Duke and Duchess of Cornwall and York. It was moved to the Bloor Street entrance of Philosopher's Walk in 1962.

2 14 trees were planted along the path in 1990 in memory of the 14 women who were killed because of their gender in the 1989 École Polytechnique massacre.

3 The midpoint of Philosopher's Walk boasts an amphitheatre, designed to be an acoustically vibrant venue for lectures, learning and performance.

4 The footpath passes a number of important Toronto institutions including the Royal Ontario Museum, the Royal Conservatory of Music and Trinity College, seen here.

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Humans of Toronto by K. Omar

"I was just talking with my roommate and brother about how kids have all this technology now, iPads and so on. What we literally used to do when we were young was put water in Ziploc bags and call them wishy-washies. It's such a ridiculous memory, but we would pull them around in wagons and they would be our toys.

Humans of Toronto is K. Omar's social photography project aimed at photographing and talking to people in the city. Selections from her work feature weekly in Metro. See more at Humans_of_Toronto on Instagram.

Cancer researchers cleared by courts

HEALTH

Judge overturns falsification, fabrication of data decision

The Ontario Divisional Court has overturned a University Health Network decision that found Toronto cancer researchers Dr. Sylvia Asa and Dr. Shereen Ezzat "falsified and fabricated images in a number of research articles," Torstar News Service has learned.

In a decision released Friday, a panel of three judges did, however, uphold a separate hospital conclusion that found the researchers had committed research misconduct in the form of "material non-compliance" and in doing so, failed to comply with the publication standards of scientific journals.

The court concluded by ordering the sanction against both doctors sent back to UHN for review and the hospital pay $20,000 to cover their legal costs.

"We agree with the Court that a finding of fabrication and falsification specifically against Drs. Asa and Ezzat — had it been made — should be set aside," hospital spokeswoman Gillian Howard wrote in an email to Torstar. "But ... UHN never interpreted the Investigation Committee's report as including such a finding."

Howard added the hospital's reconsideration of the sanction will be completed in the next few weeks. Meanwhile, an investigation into additional papers the researchers co-authored is still ongoing.

The Toronto clinicians — who are married — are published medical researchers in the early detection, diagnosis and treatment of hormone-producing tumours. Before resigning from her leadership position last spring, Asa had run Canada's largest hospital diagnostic laboratory at UHN for 15 years.

The researchers' fall from grace became public last summer after three academic journal articles they co-authored were retracted and an editor's note cautioning readers of possible inaccuracies was placed on a fourth. The retractions were prompted by the findings of an UHN internal investigations committee who found the presence of "manipulated and/or fabricated data" in the form of several figures used in the papers.

In a joint statement forwarded to Torstar from their lawyer, Asa and Ezzat said they were "pleased" with the court's ruling.

"Having dedicated years of our lives to research, allegations of falsification and fabrication of data strike at the very core of what we hold dear, and we feel vindicated that the court has exonerated us," reads the statement.

Both researchers also emphasized that the scientific validity of their work "was never an issue at any level of the proceedings."

Documents filed in court showed at least one of Asa and Ezzat's co-authors claimed responsibility for modifying images with Photoshop in two papers that were investigated and subsequently redacted. The former lab employee noted that neither Asa nor Ezzat were told the published images had been altered.

TORSTAR NEWS SERVICE

"We are grateful that our justice system restored our integrity.

Dr. Sylvia Asa, Dr. Shereen Ezzat in a statement

Mealworms and crickets are not yet meal tickets

Natalie Boustead says pine needles can make a tasty tea full of vitamin C. CONTRIBUTED

FORAGING

Whole new meaning to street food

Luke Simcoe
Metro | Toronto

For Natalie Boustead, Toronto's green spaces are a veritable grocery store.

A long-time Toronto resident who recently moved to Guelph, Boustead has published a guide on how to forage for food in Canada's largest city.

"I lived in Toronto for eight years and I learned what kinds of wild edibles are available in the city's streets and ravines," the 31-year-old said.

Entitled A Wild Year, Boustead's guide shows what sorts of wild edibles are in season every month, from white pine needles in January to mulberries in August. She's hoping to turn it into a calendar for next year.

"Often there's only a small window where you can get these plants, so it's really important to know your seasons," she said.

While potential entrees like wild squash and fiddleheads can be found in Toronto parks, Boustead said most of what she forages for is "supplemental." For example, she likes making teas with pine needles or adding local berries to her baking.

SUMMERHILL MARKET

Customers so far willing to try but not buy crispy crawlies

Gilbert Ngabo
Metro | Toronto

They're crunchy, packed with protein and covered in chocolate.

And if you can stomach eating insects, the latest delicacies on offer at Summerhill Market may just be delicious.

"Edible bugs are a trending thing now," said grocery owner Brad McMullen, showing off the store's selection of mealworms and crickets.

After reading that eating insects was going to be big in 2016, McMullen went looking for a supplier. A quick search landed him in Peterborough, where a dedicated bug farmer was eager to help.

The insects come already fried, and customers can get them as flavoured snacks or have them baked into different desserts.

The store also stocks mealworm flour, organic cricket flour, chocolate-mint cricket pies and peanut-butter mealworm balls.

But while the bugs are small, the prices certainly aren't. A bag of 113 grams of mealworms, for example, goes for $17.99.

Insects such as mealworms and crickets are rich in protein and more environmentally friendly to grow than other sources of protein, McMullen said.

Above: Care for some crickets on your cake? Summerhill Market owner Brad McMullen has you covered. **Below:** Some of the creeping and crawling delicacies on offer. LIZ BEDDALL/METRO

"I heard there are some places where you can't even get bugs because people have eaten them all," he said, citing one of his workers from Thailand.

It's only been a week since McMullen introduced the novelty to his store, and the response has been mixed. While some refuse to even think about chowing down on a cricket, about 70 per cent of customers will give it a try "with a little coaxing."

"At this point we're doing more sampling than actually selling," McMullen said.

TASTE TEST

LIZ BEDDALL/METRO

Intrepid Metro reporter Gilbert Ngabo ate a bug so you wouldn't have to

I grew up eating grasshoppers, which are considered a delicacy in tropical African countries. As kids, we were told they fall from heaven. That made them taste even more delicious.

Heading to the Summerhill Market to check out the edible bugs, my memory went right back to my childhood. But crickets and mealworms are much smaller than grasshoppers, and I had never seen anyone take a bite of them.

At the insistence of my colleague, I tried a chocolate-covered sample. The chocolate is definitely the first flavour you notice, but then there's a crispy reminder that you've just eaten a bug. The taste was fine, but I couldn't shake the sensation of scurrying legs inside my throat for a few hours.

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Police enter '16 amid distrust

LAW ENFORCEMENT

Mayor and chief agree: 'Significant' reform needed

Toronto police Chief Mark Saunders remains a controversial figure. STEVE RUSSELL/TORSTAR NEWS SERVICE

The vows of public officials to change the way Toronto is policed follow an unparalleled period of turmoil for the thin blue line in this city.

Criticism over carding and racial profiling, lingering resentment over heavy-handed tactics during the G20 Summit, and a series of violent police interactions with vulnerable people have fuelled public distrust.

The civilian oversight board's pick for chief, Mark Saunders, remains controversial. Critics label him the status quo choice over reformer Peter Sloly, the deputy chief in the news recently for his blunt talk about policing.

And while Toronto Police Service and other forces across the province once got their budget requests rubber-stamped, today there are reports, expert panels and even summits addressing the rising and unsustainable cost of policing, even as crime rates have fallen.

Big changes appear to lie ahead. Toronto Mayor John Tory has acknowledged the need for "significant" reform and said Saunders agrees.

In Ontario, the province is set to overhaul the Police Services Act, which could represent "the biggest transformation of policing in 25 years," Yasir Naqvi, minister of Community Safety and Correctional Services, has said.

"Whether or not folks in the policing establishment are ready, it's happening," says Anthony Morgan, a lawyer with the African Canadian Legal Clinic.

More than half of Ontarians surveyed in a poll last November said they wanted their tax dollars to go toward social services, including initiatives to tackle poverty. Less than one-quarter of respondents wanted that money put toward more policing.

Yet there is optimism.

Robert Chrismas, a staff sergeant with the Winnipeg police, believes the future for policing success lies in a more holistic approach. He is the author of the peer-reviewed 2013 book Canadian Policing in the 21st Century.

"Just arresting gang members, throwing them in jail, oftentimes they come out worse," Chrismas told Torstar News Service.

"If we're just reacting and not reducing victimization and crime, then what are we doing? We're spinning our wheels. We need to be proactive and get at the root causes and bring in the other service sectors."

A KPMG report that includes sweeping recommendations to modernize the Toronto Police Service concluded the force needs to adopt "new, innovative ways of delivering services and business to the citizens of the city."

$1.02 B

The police service's 2016 net operating budget request. This is a $36.1M or 3.69% increase over the 2015 approved budget.

The controversial proposals — fewer uniformed officers and closing divisions, for instance — received the most attention.

But the consultants also singled out some recent initiatives as "great opportunities" for Toronto police to build on.

They included the multi-agency partnership "hub" in Rexdale and the Emergency Task Force's joint initiative with social workers.

The "hub" model is a concept that started in Prince Albert, Sask., and is gaining traction across Canada.

Scott McKean, the city's community development manager, calls the Rexdale hub a "game changer." It allows police and a cross-section of social service providers to work together to prevent "situations leading to criminal behaviour."

"What we're trying to do is get in front of situations," McKean said last week, adding that "silo approaches don't work."

TORSTAR NEWS SERVICE

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‘We must stop and listen’

LA LOCHE

Leaders need to be heard to stop violence: Victim’s family

The family of a teacher who was among four people killed in shootings in northern Saskatchewan says the country must listen to the community for the kind of change that is needed to prevent similar tragedies from happening again.

The family of Adam Woods said what happened in this tiny community gives the country an “opportunity to examine ourselves and hopefully, come out better and stronger as a community and a nation. We feel sadness and remorse but rarely do we use that to fuel change.”

In a statement, the family says the leaders of the village need to be heard to prevent similar losses in the future.

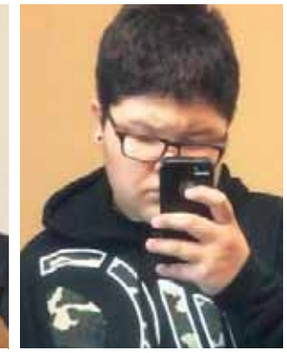
“Rather than looking for someone to blame, or coming up with outsider opinions of reasons why this occurred, we must stop and listen to the voices of La Loche. The leaders and members of the community know what types of support and changes are needed. Our responsibility as a nation is to listen and respond to create lasting systemic change.”

The archbishop of Keewatin-Le Pas also made an appeal Sunday for the community to find hope for its young people at a service that he estimated 250 attended at the Church of Our Lady of the Visitation.

Adam Woods CONTRIBUTED

Marie Janvier CONTRIBUTED

Dayne Fontaine CONTRIBUTED



Drayden Fontaine CONTRIBUTED

Archbishop Murray Chatlain met with the family Saturday night of a 17-year-old boy charged in the shootings to offer support in this “nightmare experience that they’re going through and trying to offer them the support of the community.”

“We’re not blaming them. ... It’s just, this has happened and now how do we bring healing and support and try to find ways for our young people to have more hope.”

The 17-year-old boy, who can’t be named under the Youth Criminal Justice Act, is charged with four counts of first-degree murder, seven counts of attempted murder and unauthorized possession of a firearm. He is scheduled to make his first appearance Monday in Meadow Lake provincial court.

Saskatchewan RCMP say that during an eight-minute period in the La Loche Community school on Friday afternoon, nine people were shot.

THE CANADIAN PRESS

THE VICTIMS

Adam Woods, 35, who began teaching at the school in September, and teacher’s aide Marie Janvier, 21, died after they were shot at the school.

Brothers Drayden Fontaine, 13, and Dayne Fontaine, 17, were discovered by the RCMP in a home not far away.

SASKATCHEWAN

Premier seeks aid from U.S.

Saskatchewan Premier Brad Wall says his province is in touch with officials in the United States for help rebuilding after a school shooting.

Wall said the U.S. Ambassador to Canada, Bruce Heyman, called him Friday after four people were killed at the school and in a nearby home in La Loche.

He noted that, “quite tragically, the United States has more experience.”

“He offered that perhaps those communities where these types of events have occurred in the past in his country ... they might be able to provide some counsel, some support, some ideas around approaches for the days ahead.”

Wall said he has asked his deputy minister to “canvass that option with our American friends to find out perhaps what has worked better maybe than some other things.”

THE CANADIAN PRESS

IN BRIEF

Dog, man injured in fight

A man and his dog both have minor injuries after a fight on the Kay Gardner Beltline Trail on Sunday morning. Toronto police and paramedics were called to a portion of trail near Forest Hill Road around 9:20 a.m. According to police, two men who knew each other got into a fight, during which one was punched in the face. The injured man’s dog was also punched during the fight. The man and dog’s injuries are both believed to be minor. TORSTAR NEWS SERVICE

Police seek armed suspect

Toronto police are looking for a man who allegedly pointed a gun at three people in car after they refused to give him a ride.

According to police, the man left the scene in a taxi and was last seen at Bathurst St. and Atkinson Ave. in Thornhill.

Police have identified the suspect as 33-year-old Pavlo Sosnitskiy, who is described as a white male with brown hair standing 5 foot 11 and weighing 170 lbs. TORSTAR NEWS SERVICE

HISTORY

A century since women’s suffrage

It was the kind of savvy political strategy that politicians and lobbyists attempt to craft today: Stitch together a coalition of supporters from diverse communities, secure financial backers, mount a successful ad campaign, and earn some positive media coverage.

A group of women in Manitoba used it to win the right to vote a century ago.

The province was the first place in Canada to bring in women’s suffrage, on Jan. 28, 1916. That triggered a wave of changes — first in Western Canada and finally at the federal level in 1919. Indigenous people, it should be noted, did not get the vote federally until 1960.

Members of the Political Equality League helped recruit and rally those disparate voices with speeches, meetings and articles in the papers. They had paid organizers, and launched a major publicity blitz at the Winnipeg Stampede in 1913.

Social media and viral videos didn’t exist, of course, but in 1914 the women created major buzz with a provocative play at the Walker Theatre in Winnipeg. Their mock Parliament parodied the intransigence of Manitoba Premier Rodmond Roblin, and imagined a parallel world where women were in power.

Roblin’s government fell the following year amid scandal, and the new Liberal government finally extended the vote to women in 1916.

THE CANADIAN PRESS

Fiona Bak views documents related to the passing of a 1916 amendment to the Manitoba Elections Act.

JOHN WOODS/THE CANADIAN PRESS

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GOVERNMENT

Feds to repeal section of Bill C-59

Michael Woods
Metro | Ottawa

Repealing anti-union legislation brought in by the former Conservative government will be one of the Liberal government’s “first orders of business,” according to a senior Treasury Board official.

The commitment to repeal the section of Bill C-59 is a sign of improved labour relations between the federal government and public sector unions with both sides soon returning to the bargaining table, one union head says.

“This government remains committed to bargaining in good faith with Canada’s federal public sector,” Carl Trottier, an associate assistant deputy minister at Treasury Board, said in a Jan. 21 email to public service unions.

Section 20 of the law, which the then-Conservative government enacted last June, gives the federal government the power to bypass collective bargaining and unilaterally impose a new disability and sick leave regime.

Public sector unions decried the move as unconstitutional and launched a court challenge.

The Liberals had committed to bargaining in good faith with public sector unions, but had not specifically committed to repealing Section 20.

The government has also said it won’t exercise the powers in the legislation before repealing it.

“It’s a step in a positive direction,” said Debi Daviau, president of the Professional Institute of Public Servants of Canada. “We see a positive change in our ability to do labour relations with this government.

1 People dig out their cars in Alexandria, Va., on Sunday. Millions of Americans were preparing to dig themselves out Sunday after a mammoth blizzard with hurricane-force winds and record-setting snowfall brought much of the East Coast to an icy standstill. CLIFF OWEN/THE ASSOCIATED PRESS

2 Children slide in the snow in Central Park on Sunday in New York. FRANCOIS XAVIER MARIT/AFP/GETTY IMAGES

3 Charlie Katshir, 15, sleds in Siebert Park in Camp Hill, Pa., on Saturday. MARK PYNES/PENNLIVE.COM/THE ASSOCIATED PRESS

Blizzard breaks snowfall records

UNITED STATES

Single-day highs set across east coast amid hurricane winds

Millions of Americans began digging out Sunday from a mammoth blizzard that set a new single-day snowfall record in Washington and New York City. The hurricane-force winds and whiteout conditions gave way to blinding sunshine and temperatures slightly above freezing, promising a gentle thawing-out.

The timing could not have been better for East Coast states: The heaviest snow began falling Friday evening, and tapered off just before midnight Saturday. Millions heeded calls to stay home, enabling road crews to clear snow and ice.

New York and Baltimore began lifting travel restrictions and hearty souls ventured out on snow-choked streets, while mass transit systems up and down the coast gradually restored normal service.

The air travel picture remained complicated after 7,000 weekend flights were cancelled: United Airlines said limited service might begin later Sunday in New York City, but airports in the Washington D.C. area were likely to remain closed Sunday, and other airlines began cutting Monday service.

The massive snowstorm brought both Washington, D.C., and New York to a stop, dumping as much as 90 centimetres of snow and stranding tens of thousands of travellers. At least 18 deaths were blamed on the weather, resulting from car crashes, shovelling snow and hypothermia.

In New York, the storm dropped 68.1 centimetres in Central Park, the second-most recorded since 1869 and just short of the record 68.3 centimetres set in February 2006. The 67.6 centimetres that fell on Saturday, however, was the city's record for a single day. At Washington's National Zoo, 56.9 centimetres fell, beating the 53.3 centimetres that fell on Jan. 28, 1922.

107

The heaviest reported snowfall was 107 centimetres in Glengary, West Virginia.

The storm dropped snow from the Gulf Coast to the northeastern New England states, with areas of Washington surpassing 75 centimetres. The heaviest official report was 107 centimetres, in Glengary, W. Va.

Travel conditions were improving from the dangerously snowy, icy roads that led to crashes that killed several people Friday and Saturday.

An Ohio teenager sledding behind an all-terrain vehicle was hit by a truck and killed, and two people died of hypothermia in southwest Virginia. In North Carolina, a man whose car had veered off an icy-covered road was arrested on charges of killing one of three men who stopped to help.

THE ASSOCIATED PRESS

POLITICS

Trump welcomes senator, bashes Beck's support of Cruz

Donald Trump is so confident about the loyalty of his supporters that he predicted Saturday they would stick with him even if he shot someone.

The Republican presidential front-runner bashed conservative commentator Glenn Beck's support of rival Ted Cruz and welcomed a figure from the GOP establishment, Sen. Chuck Grassley of Iowa, in rallies nine days before the Iowa caucuses open voting in the 2016 campaign.

"I could stand in the middle of Fifth Avenue and shoot somebody, and I wouldn't lose any voters, OK?" Trump told an enthusiastic audience at a Christian school, Dordt College. "It's like incredible."

Beck campaigned for Ted Cruz and held little back in going after Trump. "The time for silliness and reality show tactics has passed," Beck charged at a Cruz rally.

Days after Trump was endorsed by tea-party favourite Sarah Palin, Cruz flashed his own conservative muscle during a rally in Ankeny, Iowa. Rep. Steve King, an Iowa Republican and conservative firebrand, and

Donald Trump GETTY IMAGES

Iowa social conservative leader Bob Vander Plaats encouraged local Republicans to unite behind Cruz. Beck praised the Texas senator's commitment to principles of the right and repeatedly jabbed Trump from afar. The same headliners were to appear at an evening rally in eastern Iowa.

At his Sioux Center event, Trump called Beck a "loser" and "sad sack." Beck was one of nearly two dozen conservative thinkers who penned anti-Trump essays for National Review magazine — a hit Trump referred to repeatedly at the rally.

Cruz, running close with Trump in Iowa polls, was almost entirely focused on the billionaire in his Ankeny event, as he professed core conservative values and drew a sharp contrast with Trump on issue after issue, without using his name.

But Cruz shrugged off Trump's shooting comment when asked. "I will let Donald speak for himself. I can say I have no intention of shooting anybody in this campaign," he told reporters, adding that he would keep his criticism focused on issues.

"I don't intend to go into the gutter," Cruz said.

THE ASSOCIATED PRESS

EGYPT

Eight face hearing after botched repair on Tut mask

King Tut has been dead for thousands of years, but his power remains. After a botched repair of his burial mask, prosecutors ordered eight workers to court for "gross negligence."

The 3,300-year old mask, whose beard was accidentally knocked off and hastily glued on with epoxy in 2014, was scratched and damaged during the repair work, prosecutors said Sunday.

THE ASSOCIATED PRESS

ENERGY

Oil, pump price gap grows

Prices at the gas pump fell four per cent in December, but crude prices fell by more than three times that amount during that time.

Gasoline prices in Canada averaged $1.02 per litre last month, when crude averaged $37 US a barrel. But in February 2009, when oil sold for $39, the average price for gas was about 15 per cent cheaper at 85 cents a litre.

The Bank of Canada noted, in its Monetary Policy Report last week, a growing gap between oil prices and pump prices in the second half of 2015, when crude fell sharply. Oil prices have fallen by 75 per cent since mid-2014.

The companies who refine crude into gasoline are taking a bigger piece of the pie, said Robyn Allan, an independent economist in Vancouver.

Between 2000 and 2014, refining and marketing margins averaged 17.7 cents a litre. But in 2015, the average margins grew to 28.9 cents per litre, she found. That average refinery margin grew to 32.3 cents per litre in the first few weeks of this year, as oil prices fell rapidly, she noted.

"Big Oil is benefitting from consumers and businesses at the expense of the Canadian economy," she said.

Oil companies are keeping more profits to refine the oil into gasoline in order to offset what they are losing in production profit, which increases prices at the pump, said Roger McKnight, chief petroleum analyst for En-Pro International.

TORSTAR NEWS SERVICE

PUMP PRICES | THE COMPONENTS

The wholesale price: In Ontario the price tends to move alongside that set on the New York Mercantile Exchange. In the U.S., where there is more competition, the NYMEX price is seen as a ceiling for prices at the pumps, gas analyst Dan McTeague says, while Canadian companies use it as a floor.

The refiners: The refining margin, or "crack spread," is the difference between the price of crude and the wholesale price. Big oil companies have an "upstream" side — exploration and production — as well as a "downstream" side — refining and marketing. The price for oil is now so low that it's eating into their bottom lines. To offset that, they charge more to refine the crude into fuel for cars.

The loonie: Oil and wholesale gasoline are priced in U.S. dollars, and with the loonie being worth just 70.67 cents US on Friday, it costs a lot more to fill up. Oil at $30 US a barrel amounts to $42.36 Canadian. McTeague says if the loonie was at par, Canadians could be saving another 14 cents a litre.

The taxes: The federal government collects about 10 cents a litre, while the provinces collect anywhere from six to 16 cents per litre. In the U.S., consumers pay an average of 12 to 18 cents a litre in taxes.

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0715

Low loonie pinch not same for all

Manufacturing, tourism sectors benefit

Michael Woods
Metro | Ottawa

The Canadian dollar is hovering around 70 cents against the U.S. dollar after reaching a 13-year low last week. Such a low loonie has economists sounding the alarm about declining business and consumer confidence.

While the effects of the low dollar are complex and affecting many different parts of the Canadian economy, different regions of the country will be impacted differently.

Here, we take a look at some of the effects of the low loonie on cities from coast-to coast in different economic sectors.

PRICE OF FOOD

Canadians are already feeling the effects of the faltering loonie at the grocery store. According to researchers at the University of Guelph, the sudden currency drop in 2015 led to fruits, vegetables and nuts increasing in price by up to 10 per cent. This year, those prices could increase by another 4.5 per cent. (For example, cauliflower prices had recently tripled, with a head at one point selling for about $8 in some Toronto grocery stores.) That means the average household will spend $345 more this year than last year for the exact same food, the researchers say. "For every cent the dollar drops, foods that are imported likely increase one per cent or more," Sylvain Charlebois, lead author of the sixth annual Food Price Report from the university's Food Institute.

MANUFACTURERS AND EXPORTERS

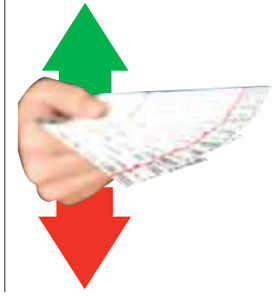
Conventional wisdom is that a lower Canadian dollar is better for companies that export a lot of their products to the U.S. In Ontario, where manufacturing was particularly hard-hit during the recession, manufacturing sales are up by 21 per cent over that period, excluding petroleum refining. B.C.'s forestry sector, whose exports have gradually grown in the last few years, could be due for an even bigger jump. The province exported $4.3 billion in wood products to the U.S. in 2014, up from $2.4 billion in 2009. For every one cent decline in the Canadian dollar, the B.C. provincial government estimates it gets an extra $25 to $50 million in its coffers.

JOBS

In certain areas, the low dollar helps employment. Cities with strong film and television industries, such as Montreal, Toronto and Vancouver, are disproportionately benefitting compared to cities such as Winnipeg and Edmonton, where that sector is less prominent. Provinces with a strong agriculture sector, such as Manitoba and B.C., are doing well. That's due to more exports south of the border and low commodity prices. But other sectors, such as manufacturing, are slower to react. Canada's unemployment rate sits at 7.1 per cent, slightly higher than a year ago and lower than the 5 per cent rate in the U.S.

TOURISM

The low dollar may have some Canadians reconsidering that trip to Florida. But it's good news for popular Canadian tourism destinations. American tourists enticed at the possibility of a cheap vacation have more reason to travel north of the border. Whistler, B.C. had its busiest November ever in terms of nights booked, up 10 per cent from a year ago, said Tourism Whistler spokeswoman Patricia Westerholm. The pace of booking heading into the holiday period outperformed the last two years.



SPORTS TEAMS

The falling loonie is not good news for Canadian pro sports teams. NHL teams, for example, pay their players and coaches in U.S. dollars, but most of their revenue from tickets and merchandise is in Canadian dollars. At the current exchange rate, the Edmonton Oilers' payroll of around $67 million U.S. translates to about $95 million Canadian. The players, living in Canada and making increasingly valuable U.S. dollars, may be happy for now. However, the low Canadian dollar also drives down overall league revenues. Those are taken into account when calculating the NHL's salary cap, which has risen to $71.4 million U.S. in 2015-16, up from $39 million in 2005-06.

metro VIEWS
Your essential daily news
Monday, January 25, 2016

Sorry, Spidey
Superheroes aside, new research shows a gecko is likely the biggest animal physically able to scale walls with sticky feet.

THE BIG QUESTION

Could Donald Trump really become the U.S. president?

If you're a betting person, you probably shouldn't put your money on him. Real-estate and reality-TV magnate Donald Trump is estimated to have 45 per cent odds of winning the Republican Party nomination by the website Predictwise, which analyzes "prediction markets" — basically, people who are betting on the outcomes of real-life events, whether it's the winner of Wimbledon or the future occupant of the White House. Such markets, research shows, tend to be more accurate than opinion polls at guessing election results. So the possibility of the brash (and, some say, bigoted) Trump winning the nomination is very real: The next most popular candidate, Marco Rubio, is a distant second at 31 per cent. Ted Cruz is trailing at just 11. However, if Trump ends up in November's general election, it's likely himself he'll be calling a loser. Gamblers have placed just 16 per cent odds on a Trump takeover of the Oval Office.

Plans for perfection are the enemy of progress

TORY'S TORONTO

Matt Elliott

After a crazy busy week in which Mayor John Tory endorsed substantial changes to two Toronto transit plans — first for his signature SmartTrack plan and then for the controversial Scarborough subway — I've been trying to hold myself to a new mantra: Don't let the perfect be the enemy of the good.

It's a bit trite, I know, but there's truth to it. There are things I can criticize about both plans. They're not perfect. But the announced changes make the plans — and Toronto's transit future — a whole lot better.

Don't let anyone try to say the evidence that led Tory to change his transit plans was unknown until recently.

As proposed, Tory's SmartTrack scheme now no longer includes an absurdly expensive rail tunnel under Eglinton Avenue West, while the planned Scarborough subway extension has been made shorter, with just one station at Scarborough Town Centre.

In exchange, the mayor is supporting much-needed light rail extensions on both sides of the Eglinton Crosstown LRT, which will provide transit links deep into Etobicoke and Scarborough. Both plans are subject to city council approval.

Smart changes, all. Also smart: Tory showing flexibility when presented with data and evidence. Too many politicians don't do that.

Still, I find it hard to completely let go of the less-than-perfect stuff.

On the plans themselves, there are still too many unanswered questions.

Who will pay for the huge cost of operating SmartTrack if fares are set at the same level as the TTC? Is a single-stop Scarborough subway extension really worth more than $2 billion? Is the large-scale development needed to justify this transit construction going to materialize?

Some of those questions will be answered in the months ahead. I can be optimistic about that.

I can't be as sunny about the political process that got us here. Don't let anyone try to say the evidence that led Tory to change his transit plans was unknown until recently.

The flaws that compelled these alterations have been obvious since the beginning. Both plans never had real evidence backing them. But that hardly seemed to matter during 2014's mayoral campaign, when criticism was dismissed as either partisan, pessimistic or both.

It's not a great precedent. There doesn't seem to be any reason for future mayoral candidates not to adopt fanciful transit plans — they can call them things like GeniusLine or BrainTrain — as part of their campaign platforms even if they know those plans can't be fully delivered. After all, they can always get scaled down — after the votes are counted.

But I'm getting off track and veering toward cynicism, which brings me back to my new mantra. I have my misgivings, but there's no doubt Toronto's transit future looks brighter today than it did a week ago. That's not a perfect outcome, but it is a good one.

Matt Elliott lives and writes in Toronto. Follow him on Twitter @GraphicMatt

metroview

There are reasons the Oscars are #sowhite. Let's fix one of them.

Deena Douara Karim
Metro | Toronto

When I was a teacher, I wrote an assignment that examined social justice through probability. It was called Is It Fishy or No? "A student complains a teacher is unfair because she always calls on girls. Seven girls and three boys keep their hands up. Of 100 questions, the teacher called on girls 73 times. Is it fishy?"

I could have used #OscarsSoWhite, the racial disparity in nominations that's prompted calls to boycott. Of the major categories, 41 nominees were white, one was Asian and one was Latino.

While the focus has been on black under-representation (13 per cent of the American population), missing too are Latinos (17), Asians (six) and Arabs (one). We're all in the room, but how many have their hands up (apply, audition, send scripts) and don't get called on by the industry?

From a probability stance, it's not clear enough flawless films were made by, about or starring non-whites to establish fishiness, nor to determine if this is a Hollywood-wide trend (especially since the Golden Globes did include Straight Outta Compton, Will Smith and Idris Elba).

The useful question is not if the academy is racist, but whether it matters that most nominees are white, and if so, how does that get addressed?

First, it does matter. Minorities have different stories to tell. Different sensibilities and styles, perhaps. Different inspiration and youth to inspire. Stereotypes to belie and shatter.

As UCLA's Bunche Center phrased it: "When media images are rooted primarily in stereotype, inequality is normalized and is more likely to be reinforced over time."

There are institutional barriers preventing people of colour from success in media, but one that's rarely discussed is self-imposed. The odds are already against non-whites. Maybe we should reconsider our values and priorities.

There are some commonalities across the immigrant experience, but I know Arab and South Asian communities best. We value physicians, engineers, pharmacists and accountants — in that order and above all else. Professions of respect, but not influence; careers that are invisible in a time when we need to have our hands up. What images do Arabs have to compete with Osama bin Laden's disheveled beard?

If our stories aren't told, we need to write them. Communities unhappy with what is reflected back when we tune in, pay up and vote should be encouraging, admiring and granting scholarships for paths that are riskier, less cushy, but far more visible. Journalism and production. Filmmaking and screenwriting. We need to be in and around politics — where there are far too few minorities of any kind.

In a class of 10, if seven girls have their hands up and three boys do, how can we get the rest of the boys to wake up?

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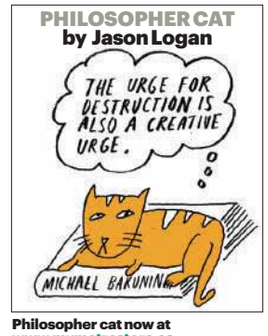

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Maximize your investment

NEST EGG

You need to take advantage of all options available

Michelle Williams

If you're making RSP contributions, you'll have to make some decisions about where to invest. Here's a quick look at the most common investments and how risky they are:

Guaranteed Investment Certificates (GICs)
This is the most conservative way to invest.

"These certificates are issued by banks and trust companies, offering a secured rate of return over a fixed period of time," says Kathleen Peace, partner and wealth advisor at Woodgate Financial. "It's a secure investment that guarantees 100 per cent of the original principal that you invest."

The investment earns interest at a fixed or variable rate that is generally higher than savings-account rates, with a limited guarantee of up to $100,000 per GIC provided by Canada Deposit Insurance Corporation (CDIC). However, the rate of return compared to other investment securities is relatively low.

Bonds
Less conservative than GICs but generally not as risky as stocks (with the exception of high-yield or junk bonds).

"A bond is a debt investment: you loan money to a corporation or government, which borrows from you for a defined period of time. You earn interest at a variable or fixed interest rate, essentially becoming a creditor of the bond issuer," explains Peace.

When it comes to investing, a diverse portfolio helps reduce your risk. ISTOCK

Like GICs, the risk can be lower compared to some other investments vehicles, but so is the return.

Stocks
Typically riskier than bonds or GICs. Also known as shares or equities, stocks are parcels of a company that you can invest in.

"As an owner, you have a claim on assets and earnings, but you're also at risk of losing money when stocks go down," says Peace.

Some stocks are naturally riskier than others. However, the rate of return can be higher than other investments.

Mutual Funds
Pools of securities like stocks or bonds within a sector, such as real estate or mining. They can also be diversified across all industry sectors, countries and types of securities.

The risk factor and rate of return would vary depending on the fund, explains Peace. An investor might choose a mutual fund for a more diverse portfolio.

WHY DIVERSIFY?

The logic is simple: don't keep all your eggs in one basket.

Investments can react differently to market, global, regional or industry upheaval; one investment can rise while another can fall. A diverse portfolio reduces your risk by helping to keep the overall value of your holdings in balance.

"Consider a portfolio made up solely of hospitality-industry stocks," says wealth advisor Kathleen Peace. "If global growth slows and people don't have enough money for travel, hospitality-industry earnings may suffer. As a consequence, your portfolio could experience a significant downturn and you could lose money. By comparison, imagine a portfolio holding both hospitality and digital-media stocks. The digital-media stocks may outperform during the same global downturn as people increasingly use technology and digital entertainment as a substitute for travel."

Diversifying doesn't guarantee against loss, she adds, but it goes a long way toward minimizing your risk.

MICHELLE WILLIAMS

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metro LIFE

Your essential daily news

Greta Gerwig taps Saoirse Ronan as the star of her directorial debut Lady Bird

Over the next three months, **Metro's finance guru Lesley-Anne Scorgie** will help a recent grad drowning in debt and a charitable young professional to balance their budget, pay down loans and save for their future

Make a strategy for saving

LESLEY-ANNE SCORGIE
metro*money*

THE CHALLENGE: Metro's finance guru Lesley-Anne Scorgie has 11 weeks remaining to transform the finances of two recent graduates — Annick, 24, and Yolanda, 27 — by helping them get out of debt, save money and track their spending. This week we'll focus on Yolanda.

THIS WEEK: A web communications specialist, Yolanda makes $42,000 per year and spends $750 a month on rent. Her goals are to save a $25,000 down payment for a condo purchase in three years, grow her retirement savings and go on a trip each year.

NEXT WEEK: Annick owes money on her credit cards, to her family, and the government for her student loans. Who should she pay off first?

LESLEY-ANNE SCORGIE IS A BESTSELLING AUTHOR AND FOUNDER OF MEVEST, A MONEY COACHING SERVICE FOR CANADIANS. FOLLOW HER @LESLEYSCORGIE

Yolanda, 27, Mississauga, Ont

NET WORTH: **$ 4,800**

Yolanda has traded in a higher paycheque for a job that she's passionate about with a national charity that helps children in developing countries. She's learned to live within her means, but we've recently discovered she's a binge saver. Yolanda contributes regularly to her RRSP and TFSA, and then in moments of weakness, drains the accounts for clothes, travel and entertainment.

In our money coaching session last week, Yolanda learned that every time she withdraws from her RRSP before retirement, she loses the contribution room permanently and pays a withholding tax to the government — ouch!

Her TFSA withdrawals are less of a problem because she can retain her contribution room and doesn't pay taxes when she withdraws her money.

In both cases, however, dipping into her RRSP or TFSA accounts prematurely means Yolanda won't capitalize on each account's tax-advantages and she won't grow her down payment and retirement savings.

THE LESSON: Yolanda is using her RRSP and TFSA like a bank account rather than for long-term savings.

Yolanda has the right idea, which is to save through regular monthly contributions to her RRSP and TFSA, but she's over contributing and not leaving enough cash in her chequing account to pay for day-to-day expenses. So when something like a wedding creeps up, she's forced to liquidate her RRSP and TFSA to pay for a gift.

Yolanda needs to contribute less to her RRSP and TFSA to free up monthly cash flow for regular expenses. She will drop her RRSP contribution to $150 from $200 and TFSA contribution to $250 from $350. This action will free up $150 per month. Yolanda will transfer $50 of that money into a savings account for smaller one-off purchases.

This plan ensures Yolanda uses the right accounts for her short-term spending and long-term saving.

$ MONEY

A surprise

After closer examination of Yolanda's finances, we learned that her defined contribution pension is worth three times what she'd originally thought thanks to her employer matching her contributions to the plan.

Assets	
RRSP	$225
TFSA	$725
Pension	$3,850
Total Assets:	**$4,800**

Liabilities	
Visa	$0
Master Card	$0
Total Liabilities:	**$0**

Net Worth: **$4,800**

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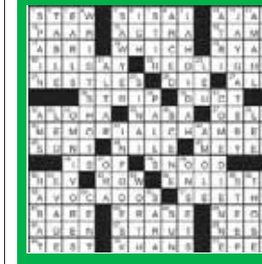

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3	4	9	8	5	7	1	2	6
1	8	5	6	4	2	7	9	3
7	6	2	1	9	3	5	8	4

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Set goals to get control over your life

Your goals need to be specific. If you want to buy a home, what kind of home do you want? If you have kids, how much will you have to save for their education? ISTOCK

BUDGETS

You need to know where you're going to get there

Gail Vaz-Oxlade
For Metro Canada

With a new year in front of you, you can keep doing what you've always done. But then you shouldn't expect a different outcome. Or you can set some goals and do something different.

If you don't know what you want, if you don't lay a plan for getting from one point in your life to another, you're just wandering in the woods blindfolded. You're probably going to tumble down a steep slope, trip over some roots, or fall in a hole. You will get hurt. And then you'll be angry, frustrated, or sad. Wouldn't it just be easier to take off the blindfold?

You must be clear about what you want. If you want to buy a home, what kind do you want? A condo, a townhouse or something that's fully detached? Where do you want to buy? In the city, the 'burbs or in the country? And how much are you prepared to go into the hole?

Know that you'll move at a different pace for goals depending on what else is going on in your life. What's most important is to keep moving forward. If you've got kids don't ignore the educational savings plan. Putting just a little away each month moves you towards the goal. Ditto saving for retirement and building an emergency fund. If you want to get your debt paid off you need to make a plan to get it gone by a specific date.

Let's say you decided to take 36 months to get out of debt. Out of nowhere comes a windstorm and half the shingles blow off your roof. Hey, that's life. You have to be prepared to adjust your plan as life happens, keeping your goals front and centre. So you fix the roof and then you get right back on the debt-repayment plan.

You can work towards more than one goal at a time. But you need to be prioritizing as you go. Don't bite off more than you can chew. No, you can't buy a house, have a baby and go back to school all at the same time. What's your Goal No. 1? Where do the others fit into your plans?

Don't expect the journey to where you're going to always be a smooth one. Life happens, and you have to be flexible enough to cope.

Determination is what separates those who are serious about achieving their goals from those who are just dreaming. The folks who are waiting for whatever they want to fall into their laps end up confused by the wiggly roads they must venture down.

But waiting around for "the fish to bite" or "a better break" won't get you to the place you want to be.

If you're serious about what you want to achieve you won't be happy waiting to see what life brings you. You'll want to set a goal, make a plan, take a step. You'll want to be in charge.

For more money advice, visit Gail's website at gailvazoxlade.com

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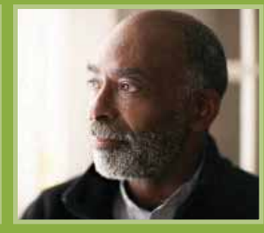

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Petition protests CAHM program closing

HEALTH

Youth gender identity clinic at centre of controversy

A group of international clinicians and researchers has sent a letter to Toronto's Centre for Addiction and Mental Health protesting the closure of its youth gender identity clinic and the apparent dismissal of its long-time director.

The open letter, delivered by email to more than a dozen of CAMH's trustees, includes a petition signed by more than 500 experts in the field of sexuality and gender diversity. Authors accuse the centre of bowing to pressure from transgender activists, who questioned psychologist Ken Zucker's treatment approach for children and teens who were at odds with their anatomical gender. Some members of the transgender community had suggested the clinic was practising "reparative therapy," with the goal of dissuading children who felt they were the opposite sex from embracing their internal gender — an accusation clinic staff denied.

Following an independent review, CAMH in mid-December said it was "winding down" the Child and Adolescent Gender Identity Clinic. At the time, Dr. Kwame McKenzie, medical director of CAMH's Child, Youth and Family Program, said services at Canada's largest mental health centre are expected to reflect the latest and best practices in the field.

"We want to apologize for the fact that not all of the practices in our childhood gender identity clinic are in step with the latest thinking," he said.

McKenzie would not say whether Zucker, who had headed the clinic for 35 years, was let go from his position or had resigned. He did say the centre is grateful for Zucker's "pioneering work" in gender research.

"What I am surprised about is that people think that our decisions at CAMH, which are based on the needs of clients in working in our community, are politically motivated," he said. "There's no political motivation. The motivation is for (providing) the best service response.

"I cannot see CAMH ever making any apology for listening to our communities. We won't."

Signatories include researchers from Canada, the U.S. and the U.K., who said the closing of the clinic will leave many gender-questioning youth and their families with severely reduced access to specialized services.

THE CANADIAN PRESS

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TECHNOLOGY

Meet Canada's 'beer whisperer'

Professor MacIntosh. DARREN CALABRESE /THE CANADIAN PRESS

Andrew MacIntosh understands beer in ways few others can comprehend — on the microscopic level, in its broader historical sweep, and in its sensual appeal.

Though he's reluctant to use the term, he is on his way to becoming Nova Scotia's beer whisperer — part academic, part business mentor — using science to troubleshoot the challenges facing the province's "exploding" craft brewery industry.

The professor at Dalhousie University in Halifax is an expert on fermentation, and is also studying to become a cicerone — the brewing equivalent of a sommelier.

MacIntosh is part of the new Canadian Institute of Fermentation Technology, established last summer to help grow the brewing, distilling and wine industries. Supported by public and private funding, the institute offers scientific analysis of products using gear that no small business could afford. It also provides help with improving methods of making wine, beer and spirits.

So far, much of MacIntosh's work has been focused on craft beer. "This is a very exciting area because it is absolutely booming, not only in the quality of craft brewing but also in the selection," he says.

Inside a laboratory stuffed with high-tech equipment, MacIntosh uses a microscope to spy on the tiny yeast cells that convert sugar into alcohol and carbon dioxide — the magical microbiology behind fermentation. With great precision, MacIntosh is using his skills to instruct craft brewers on how to adjust recipes and improve production.

However, much of what the institute does is top secret — for competitive reasons.

MacIntosh and his colleagues are also working on a new method for making sparkling wine. They are also trying to find a cost-effective means of measuring alcohol in distilled products.

As well, the labs have already been used to improve a Nova Scotia-made device called the Fizz Whiz, which gives craft brewers a high level of precision when adding carbonation.

"It's very fancy," says MacIntosh. "(The inventor) is looking to launch that across Canada."

The institute is an offshoot of the Canadian Fisheries Institute of Technology, a 30-year-old endeavour that continues to support the seafood and nutritional supplements industries.

"Unfortunately, fisheries industry research is heading downhill," says MacIntosh. "So we looked at the other industries that are up-and-coming in Nova Scotia and the Maritimes."

THE CANADIAN PRESS

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REPORT CARD WHICH PROVINCES GOT TOP MARKS IN HISTORY?

The majority of Canada's provinces and territories have been assigned high marks on a new report card on history education. Historica Canada looked at social studies and history curricula from grades 7 through 12 across the country.

THE CANADIAN PRESS

THE METHOD

Evaluations were conducted for three main factors: curriculum content; development of critical and creative thinking skills; and the amount of mandatory Canadian history content at junior, intermediate and senior levels. The report card noted that curricula changes in recent years "have demonstrated the need to better incorporate diverse perspectives," such as those focused on indigenous peoples, gender and women's history and multiculturalism. It also outlines recommendations for further improvements, such as mandating at least one Canadian history credit as a high school graduation requirement, and establishing a clear balance between national and provincial/regional history.

OVERVIEW OF FINAL GRADES

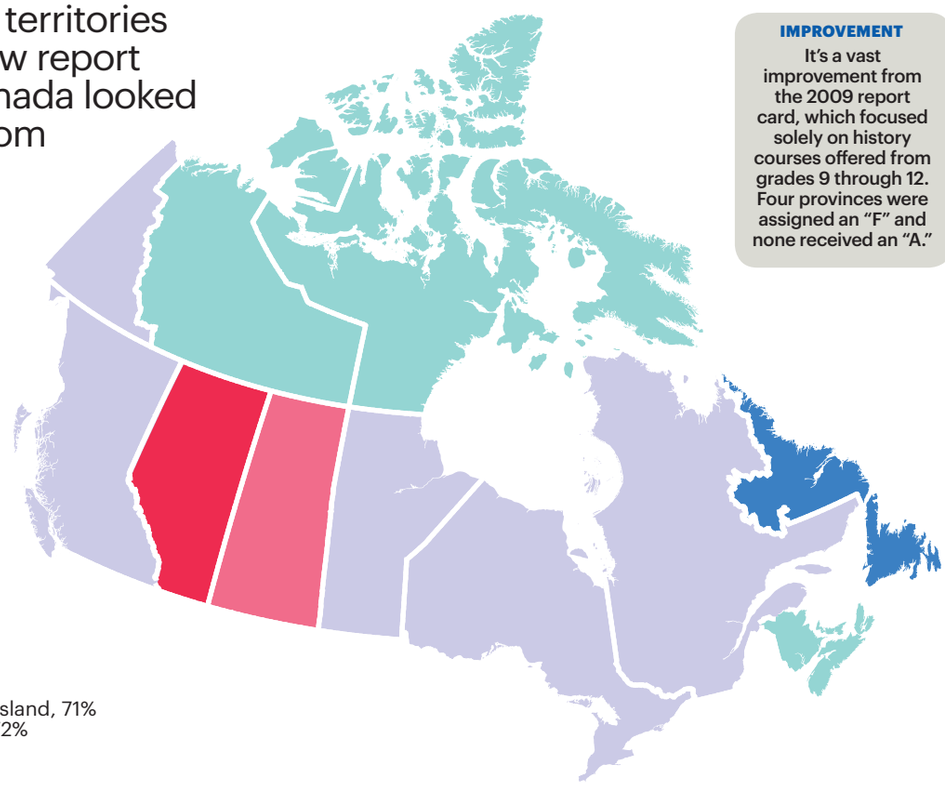
A- Ontario, 82%; British Columbia, 81%; Quebec, 80%; Manitoba, 80%, Yukon, 81%

B Newfoundland and Labrador, 75% (anglophone)

B- Nova Scotia, 73%; New Brunswick, 71%; Prince Edward Island, 71% (all anglophone); Northwest Territories, 72%; Nunavut, 72%

C+ Saskatchewan, 69%

C- Alberta, 62%



IMPROVEMENT

It's a vast improvement from the 2009 report card, which focused solely on history courses offered from grades 9 through 12. Four provinces were assigned an "F" and none received an "A."

YOU COULD WIN a double pass to the advance screening of PRIDE & PREJUDICE & ZOMBIES on February 3

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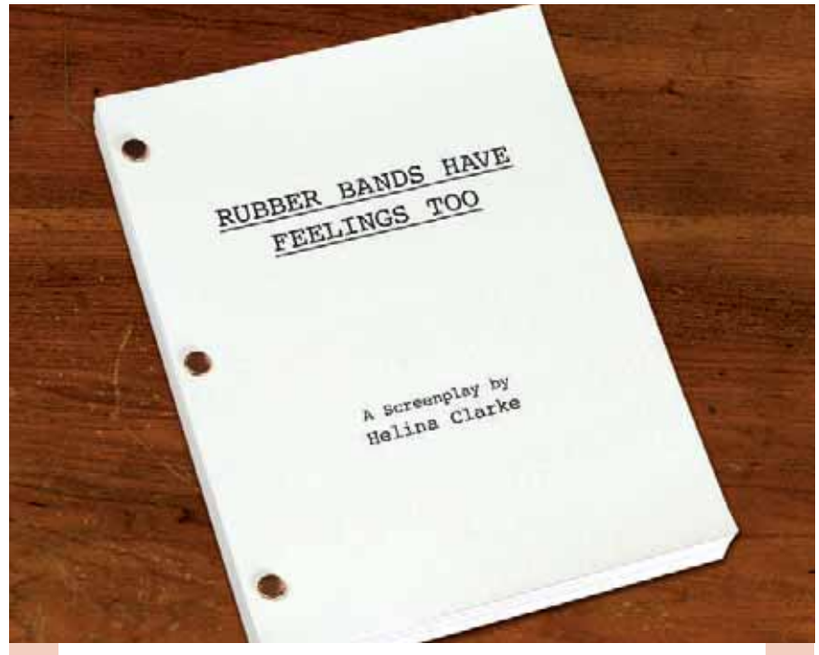

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JOHANNA SCHNELLER WHAT I'M WATCHING

The 'gently sexist' lyrics of Glenn Frey

THE SHOW: Eagles concert, 1977 (YouTube)
THE MOMENT: The Crush

Glenn Frey at a show in 1978. TSS/TORSTAR NEWS SERVICE

Singing Take It Easy on stage, Glenn Frey — co-leader of the band The Eagles, who died last week, age 67 — has sunglasses on his head and hair to his shoulders. He sports a moustache, a random T-shirt, jeans. He's smiling at the girls in the front row, who smile back adoringly beneath their centre-parted hair. He is the 1970s.

I was 15 that year, and I saw the Eagles live in Philadelphia. Before going, I had one of the more hilarious conversations of my life, with my stepfather Jake, a straight-up guy who loved the Eagles, too — the football team. He could not understand why I could not understand that he wanted to come with me. "But I'm going on the Party Express," I said — a bus that allowed kids to drink and smoke dope, run by my rock station, WZZO. ("The Zoo, man!" — always said with devil-horn fingers waggling.) Jake's expression when he realized the Eagles was also a band is one of my fondest memories of him.

There were only three things you needed to know about Frey if you were 15 in 1977: He was cute. He was a good singer. He liked girls. If his lyrics sound gently sexist now, well, they were. (It's not as if music has become less misogynistic.) One of the great upheavals in sexual mores was occurring. Frey was writing about it. And some of us were dancing in our seats, high above the stage, waiting our turn.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

MUSIC

Macklemore uses his privilege to call out white privilege

Ned Ehrbar
Metro | Hollywood

Macklemore calls out white privilege in rap. GETTY IMAGES

Hey, Macklemore is back — and he's tackling the subject of white privilege and cultural appropriation, which is nifty. Except he's doing it in a nearly-nine-minute-long track called White Privilege II, which is downright self-indulgent.

But hey, nobody's perfect. His racial sensitivity hand-wringing is pretty soul-searching and self-critical, but he also takes a moment to name-check some fellow artists like Miley Cyrus, Elvis Presley and Iggy Azalea.

"You've exploited and stolen the music, the moment, the magic, the passion, the fashion you toyed with, the culture was never yours to make better," he raps. "We take all we want from black culture, but do we show up for black lives?"

As it turns out, Azalea has heard the track, and she's not too pleased with the shout-out. "He shouldn't have spent the last three years having friendly convos and taking pictures together at events if those were his feelings," she tweeted in response to a fan query about it.

Essence magazine entertainment director Cori Murray said she appreciated Macklemore's honesty.

"I don't think there's an easy answer, and I think that he really did just say very plainly, ... 'I know I'm appropriating black culture, but I'm trying to do it in the most authentic way'," Murray said.

Macklemore & Ryan Lewis released the song the week Spike Lee, Will Smith, Jada Pinkett Smith and others said they were skipping the Academy Awards because of two straight years of all-white acting nominees.

The Seattle-based duo's website says the song "is the outcome of an ongoing dialogue with musicians, activists, and teachers within our community in Seattle and beyond."

WITH FILES FROM THE ASSOCIATED PRESS

he shouldnt have spent the last 3 yrs having friendly convos and taking pictures together at events etc if those were his feelings
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Send your nomination to: Nightingale Award Nomination, One Yonge Street, 5th Floor, Toronto, ON M5E 1E6. Or online at: **thestar.com/nightingale**

Deadline for nominations: March 16, 2016

Rickie Fowler won the Abu Dhabi Championship, shooting a 3-under 69 Sunday for a one-stroke win over Thomas Pieters

Broncos ride swarming defence into Super Bowl

NFL PLAYOFFS

Manning bests Brady in what could be their final meeting

AFC championship 20 18

No, you're not seeing things.

That really was Peyton Manning lumbering his way down the field for a 12-yard gain and a first down Sunday. And thanks to his defence, that will be Manning — the 39-year-old quarterback who was supposed to be on his way to a retirement party — and not Tom Brady playing in the Super Bowl two weeks from now.

Ol' No. 18 engineered a 20-18 victory over the Patriots — not settled until Broncos cornerback Bradley Roby picked off Brady's pass on a two-point attempt that would have tied it with 12 seconds left.

The Patriots had to go for two after Brady hit Rob Gronkowski in the back of the end zone because Stephen Gostkowski missed his first extra point in 524 tries in the first quarter.

Aqib Talib stepped in front of Brady's pass and deflected it skyward.

Roby, who forced the game-changing fumble in last week's victory over Pittsburgh, made the pick. The Broncos (14-4) recovered the onside kick and the celebration began. Manning is now 6-11 in his vaunted series against Brady, but 3-1 when it has counted the most — with the AFC title on the line.

"Well, it's been a special rivalry over the course of my career against the Patriots, the entire organization," Manning said. "To play four times in the AFC championship with so much on the line, those games have been very special."

Manning surpassed his boss, John Elway, as the oldest quarterback to take his team to the Super Bowl. The Broncos will play Carolina.

Whether it's been Manning lining up under centre, or Brock Osweiler, who took snaps while Manning was injured for six weeks toward the end of the season, the Broncos have depended on a defence that gave up the fewest yards this season and came up with game-saving plays time and again.

Von Miller finished with 2-1/2 sacks and an interception. The Broncos harassed Brady all day. He finished 27-for-56 for 310 yards. After being shut out twice inside the Denver 20 late in the fourth quarter, Brady lobbed a 40-yard pass to a double-covered Gronkowski to keep a desperation drive going on fourth-and-10.

Then, on fourth-and-goal from the four with 12 seconds left, Brady found Gronkowski — again double-covered — in the back corner of the end zone. The tight end stepped in front of Chris Harris Jr. for the catch, and the game came down to one play.

The Broncos defence made it once again, and the franchise is now headed to its eighth Super Bowl. This marks No. 4 for Manning, who could become the first quarterback to lead two different franchises to titles.

THE ASSOCIATED PRESS

AIR ATTACK

Manning completed 17 of his 32 passing attempts for 176 yards and two TDs.

Patriots tight end Rob Gronkowski is tackled by Broncos Shiloh Keo, bottom left, Josh Bush and Danny Trevathan on Sunday in Denver. DUSTIN BRADFORD/GETTY IMAGES

Panthers carve up Cards

Superman is headed for the Super Bowl.

He's taking the Carolina Panthers with him.

Cam Newton threw for two touchdowns and ran for two others, and Carolina's big-play defence stifled the league's top-ranked offence in a 49-15 romp Sunday for the NFC championship. It was the most points for a winner of an NFC title game.

It will be Newton's first trip to the Super Bowl and the second trip to the big game for the Panthers (17-1), who lost to New England 12 years ago.

"We won as a team," Newton said. "We came out here and fought our tails off and we did what a lot of people said we couldn't do. It's not over yet. We'll be ready to go in two weeks."

Carolina picked off Arizona quarterback Carson Palmer four times, forced two fumbles by him, and never let up the assault. Special teams also produced a turnover.

Newton finished with 335 yards passing and 47 rushing.

THE ASSOCIATED PRESS

NFC championship 49 15

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Raptors extend rare roll vs. Clips

NBA

Toronto bench the difference in eighth straight win

SUNDAY At ACC

RAPTORS	CLIPPERS
112	94

Most nights it's one guy or maybe two who produce while others struggle.

The inconsistency of the Toronto Raptors' bench has been a thing every now and then, even though the team has survived well enough.

But on a night when four guys have it going at the same time, it's all fun and good times and easy baskets and stops.

Smiles all around.

Getting 51 points off the bench — the highest production by substitutes this season — the Raptors rolled to an easy 112-94 victory Sunday over the Los Angeles Clippers.

It is Toronto's eighth win in a row and an impressive thumping of a quality opponent.

The Raptors can equal an all-time franchise high on Tuesday against Washington with a ninth straight win.

And if the team's four backups — Cory Joseph, Terrence Ross, Patrick Patterson and Bismack Biyombo — play then as they played Sunday, Toronto will be hard to beat.

"I think (Sunday night) was probably one of our best games collectively as a second unit," Patterson said.

Now settled into a consistent rotation after dealing with a series of injuries that muddled things, a successful routine is developing.

"There's no uncertainty," Patterson said. "So you know when you're coming in, you know when you're coming out and you know how much effort you can give, you know where your shots are going to come, you know the focus you have to have."

Toronto's bench outscored the Clippers' backups 51-29 and turned the game around late in the first quarter and early in the second. Ross had 18 points, Joseph 12 and Patterson and Biyombo 10 apiece while Kyle Lowry had 21 and DeMar DeRozan 20.

The four subs and Lowry went on a sweet little 17-1 run to wipe out a big, early-game Clippers lead.

It should be pointed out the Raptors were operating mainly against a Clippers bench group that could charitably be described as "suspect." It is one of the major failings of a Los Angeles team that had won 12 of 14 going into Sunday and the one weakness that will likely doom them when the playoffs roll around.

And if Toronto keeps getting even close to the production it got Sunday, optimism will abound. TORSTAR NEWS SERVICE

Raptors swingman DeMar DeRozan goes to the rim against the Clippers' Paul Pierce on Sunday. FRANK GUNN/THE CANADIAN PRESS

IN BRIEF

Too many quads for Canadian champ Chan

Patrick Chan has always been known as the total package — big jumps coupled with intricate spins and a skating ability that is considered the best in the world.

So after his 18-month hiatus, the three-time world champ was dismayed to find his sport dominated by quadruple jumps.

"It's getting a little ridiculous. It's like the slam dunk contest, that's what it's becoming," Chan said the morning after winning his eighth gold medal at the Canadian figure skating championships in Halifax.

"I will be dead honest, I think with my experience and credibility at this point, I can say already with the men doing three quads, the quality of skating is diminished." THE CANADIAN PRESS

Djokovic overcomes errors

Novak Djokovic committed 100 unforced errors yet still managed to advance to the quarter-finals with a 6-3, 6-7 (1), 6-4, 4-6, 6-3 win over Gilles Simon at the Australian Open on Sunday.

Novak Djokovic GETTY IMAGES

The world's top-ranked player reached the quarters in a 27th consecutive major, equalling Jimmy Connors at No. 2 in that streak and trailing only Roger Federer's record of 36.

Also on Sunday, Federer beat David Goffin 6-2, 6-1, 6-4. THE ASSOCIATED PRESS

IOC relaxes guidelines on transgender athletes

Transgender athletes should be allowed to compete in the Olympics and other international events without undergoing sex reassignment surgery, according to new guidelines adopted by the IOC.

International Olympic Committee medical officials told The Associated Press on Sunday they changed the policy to adapt to current scientific, social and legal attitudes on transgender issues.

The guidelines are designed as recommendations — not rules or regulations — for sports federations and other bodies to follow and should apply for this year's Olympics. THE ASSOCIATED PRESS

PREMIER LEAGUE

Costa gets to Gunners

There's been a change of managers at Chelsea but Arsenal still can't conquer its London rival.

Arsenal was undone by a damaging five-minute spell in the first-half of Sunday's derby against a Chelsea team unbeaten after a month under Guus Hiddink's control.

Per Mertesacker was sent off for tripping Diego Costa, then the striker scored the game's only goal at Arsenal's Emirates Stadium in the 23rd minute.

"He got Mertesacker sent off," Arsenal manager Arsene Wenger said of Costa. "A fact is a fact, I do not accuse him of anything. It's just what happened."

It's now four years, three months since Wenger figured out how to beat Chelsea, which is on its fifth manager since the 5-3 loss to Arsenal in November 2011.

Arsenal was unbeaten at home in the league since the opening day — until Sunday.

Arsenal dropped from first to third place this weekend, behind leader Leicester and Manchester City, although there are 45 points still to play for. THE ASSOCIATED PRESS

Mark Clattenburg shows Per Mertesacker a red card on Sunday. GETTY IMAGES

DIVISION TABLE

	GP	W-D-L	Pts.
Leicester	23	13-8-2	47
Man. City	23	13-5-5	44
Arsenal	23	13-5-5	44
Tottenham	23	11-9-3	42
Man. United	23	10-7-6	37
West Ham	23	9-9-5	36
Liverpool	23	9-7-7	34
S'hampton	23	9-6-8	33
Stoke City	23	9-6-8	33
Watford	23	9-5-9	32
Crys. Palace	23	9-4-10	31
Everton	23	6-11-6	29
Chelsea	23	7-7-9	28
West Brom	23	7-7-9	28
Swansea	23	6-7-10	25
B'mouth	23	6-7-10	25
Norwich	23	6-5-12	23
Newcastle	23	5-6-12	21
Sunderland	23	5-4-14	19
Aston Villa	23	2-7-14	13

Champions League
Europa League
Relegation

2016 OLYMPICS

Health officials on alert for Games amid virus outbreak

Rio de Janeiro's Olympic venues will be inspected daily during the Games in a bid to prevent the spread of a mosquito-borne virus linked to a rare birth defect and also a condition that can cause paralysis, local organizers said Sunday.

Brazil is suffering from an outbreak of Zika virus, which health officials in the country say may be behind a spike in cases of microcephaly, which sees infants born with unusually small heads, as well as the paralysis-causing Guillain-Barre syndrome. The U.S. Centers for Disease Control and Prevention has advised pregnant women to reconsider travel to Brazil and 21 other countries with Zika outbreaks.

The Rio 2016 local organizing committee stressed that because the Aug. 5-21 games are during the southern hemisphere winter, Brazil's dry season, the mosquito population will be smaller.

In any case, teams will scour Rio's Olympic and Paralympic sites daily, looking for stagnant waters that are the breeding grounds for the Aedes aegypti mosquito that transmits Zika, as well as dengue and chikungunya.

Rio 2016 venues will be inspected daily during the Games due to an outbreak of Zika virus. YASUYOSHI CHIBA/AFP/GETTY IMAGES

> **Rio 2016 will continue to monitor the issue closely.**
> Rio Olympics organizing committee

"Rio 2016 will continue to monitor the issue closely and follow guidance from the Brazilian Ministry of Health," the committee said in a statement.

The Zika outbreak is the latest problem to hit South America's first Olympics, coming as Brazil battles its deepest recession in generations, as well as a gargantuan corruption probe that has ensnared top politicians and some of the country's most prominent businessmen.

Rio organizers are cutting about $500 million in expenses, several million tickets remain unsold, and venues for sailing, canoeing and rowing are rife with high virus levels linked to Rio's outdated sewage treatment system. THE ASSOCIATED PRESS

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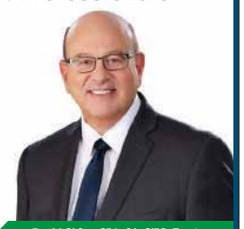
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RECIPE Shrimp & Orzo Skillet Dinner

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Start your week with this elegant yet easy one-pot wonder. Both orzo and shrimp cook quickly, making them a perfect combo for weeknight meals.

Ready in
Prep time: 10 minutes
Total time: 25 minutes
Serves 4

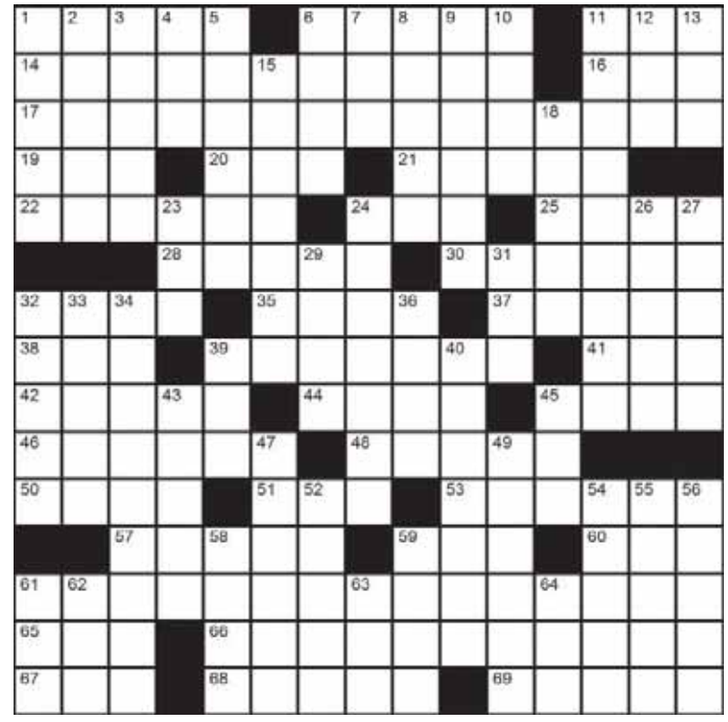
Ingredients
- 1 Tbsp olive oil
- 3 cloves of garlic, minced
- 1/2 tsp dried oregano
- 2 cups vegetable stock
- 14 oz can of diced tomatoes
- 1/3 cup balsamic vinegar
- 1 cup orzo
- 1 lb cleaned and de-veined shrimp
- Big handful of fresh basil, sliced
- 1/2 cup feta, crumbled

Directions
1. In a large skillet, sauté onion and garlic in oil over medium heat until they smell great and soften up. Add the oregano and cook for another minute.
2. Pour in stock, vinegar and tomatoes and taste for seasoning. Add salt and pepper.
3. Now add the orzo and allow everything to simmer for 15 minutes.
4. Add your shrimp and cook for another 3 to 5 minutes, or until the shrimp turn pink and opaque.
5. Sprinkle basil and feta over top and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Country singer K.T.
6. Raised flatlands
11. Beaver's construction
14. Sir Ian Fleming, for one: 2 wds.
16. Wood sorrel
17. Fictional rural setting of "Hee Haw" (Trivia! The long-running variety show was created by two Canadians, Frank Peppiatt and John Aylesworth): 2 wds.
19. 'Hect' add-on
20. Anonymous [abbr.]
21. Acidic, such as a swimming pool's water quality = _ _ _
22. Stand firm
24. Game: French
25. Prefix to 'legal'
28. Hanson member
30. Actress Charlize
32. 17th Greek letters
35. Swallow
37. _ _ the side of caution
38. _ de Cologne
39. Canadian singer/actress Ms. Cox
41. 'Verb' suffix
42. "The Jetsons" pet
44. Decorative pin holder
45. Otolaryngologists, commonly
46. "Flashdance" (1983) song
48. Rope fibres
50. Close-fitting
51. Li'l reply
53. Really busy
57. Battle royal
59. Lubricate
60. Prefix meaning 'Ear'
61. Books business: 2 wds.
65. Pres. Eisenhower
66. Charlie _ (Radio newscaster on the show at #17-Across)
67. Ireland airline, with Lingus
68. Architectural framework
69. Demeanors

DOWN
1. Mr. Schindler (Liam Neeson role in 1993)
2. Fern 'seed'
3. Ancient harps
4. Hostel
5. Without fanfare or difficulty: 2 wds.
6. Biblical heirs, with The
7. Kay's follower
8. Sashay
9. Invite to a movie and dinner: 2 wds.
10. Place into storage
11 Canadian entertainer who created/played the iconic character at #66-Across: 2 wds.
12. Do stage work
13. Might
15. Wine's year
18. Ontario attraction, _ Canada Village
23. '_' _ for Iberville
24. Reusable blue kitchen wipes in a hexagon box: letter + wd.
26. Hen's home
27. Author Ms. Rice's
29. Dawn: French
31. Schemer's chuckle, when repeated
32. Paper quantities
33. _ _ effect on
34. Be larger in quantity
36. "Charmed" sister
39. _ _ 180
40. Reach for the stars: 2 wds.
43. Orion's brightest star
45. Keyboard key
47. Conqueror of Gaul
49. "The Taking of _ 1 2 3" (2009)
52. Beatles jacket style
54. Put _ _ (Get working)
55. "Your show's starting!": 2 wds.
56. Movie-makers Joel and Ethan
58. Elevator, in England
59. Burden
61. Ms. Zadora
62. Arthur Godfrey's instrument, for short
63. Smartness figs.
64. "Either he goes _ _ go!"

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You want to get away from your usual environment and explore places you haven't been in a while. But make sure your wanderings are done with by midweek as journeys may be unpredictable later on.

Taurus April 21 - May 21
It is possible that you will come into money. However, it is also possible that you will waste money on things you don't need. Maybe you'll do both and end up with the same amount!

Gemini May 22 - June 21
An affair of the heart will go extremely well. On the work front, however, be wary of someone who approaches you with a proposition that sounds too good to be true.

Cancer June 22 - July 23
Try not to lose sight of the big picture. Step back from what you are doing and make sure you don't drift off course. Also, don't let anyone undermine your confidence.

Leo July 24 - Aug. 23
What comes easy to you over the next few days won't come so easy later on, so make an effort to get the tough stuff out of the way. If a project of some kind no longer inspires you, end it and move on.

Virgo Aug. 24 - Sept. 23
You will have to make a tough choice between your family and your career. But it does not have to be one thing or the other — there are always ways to balance competing needs.

Libra Sept. 24 - Oct. 23
Over the next few days you will get a more balanced view of what is taking place in the world. If an authority figure tells you that certain opinions are not allowed, tell them to get lost. Think and speak as you please.

Scorpio Oct. 24 - Nov. 22
Some sort of material gain is likely but don't take your good fortune for granted. Remember that you always get more from what you own and earn if you don't grasp it too tightly.

Sagittarius Nov. 23 - Dec. 21
So many things will go right for you that you may find it hard to believe your luck. What's the catch? There isn't one, so stop worrying and start doing things you really enjoy.

Capricorn Dec. 22 - Jan. 20
Make an effort but make sure that what you do is primarily for yourself. Because you're so reliable employers may try to shift some of their workload to you. Don't let them!

Aquarius Jan. 21 - Feb. 19
You will be immensely popular — everyone wants to get close to you. Having said which, watch what you say and do when people in positions of authority are around — they could easily turn against you.

Pisces Feb. 20 - March 20
People you deal with in a creative capacity will be hugely impressed by your ideas and your willingness to work with others. Just make sure you get full credit for your input.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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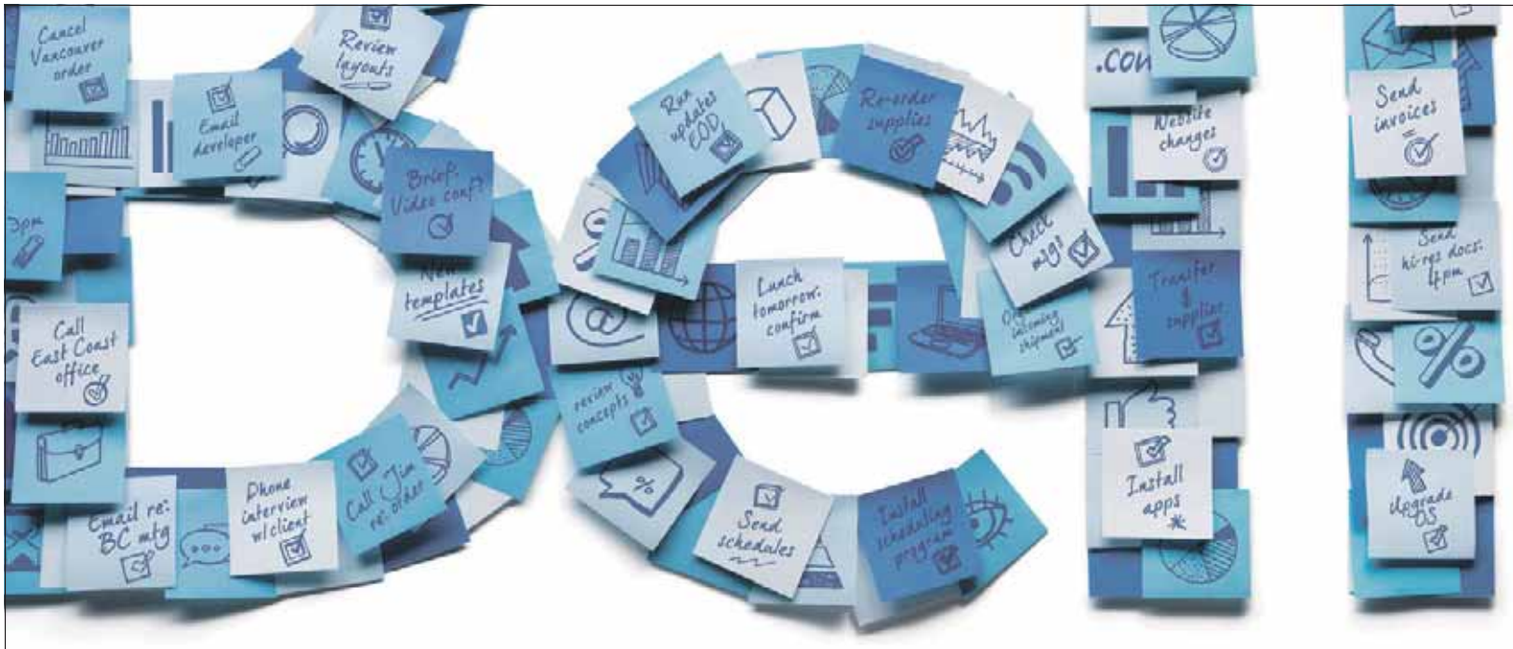

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